We will be more successful in all our endeavors if we can let go of the habit of running all the time, and take little pauses to relax and re-center ourselves.

THICH NHAT HANH
Dear Friends of Parallax Press,

As I reflect on the life of “Thay,” Zen Master Thich Nhat Hanh, the cofounder of Parallax Press who passed away earlier this year, I am awed by the range and depth of the books he published and the many ways in which he inspired everyone to live fully, authentically, and beautifully. From his gentle guidance on being aware of our body and our breathing to mindfulness in daily life, from his gorgeous poems to his essays calling for social action, Thay’s writings offer us so many ways to generate peace in ourselves and in the world. Never has his message been more relevant than now.

We have three exciting new books by Thich Nhat Hanh in our Palm Leaves Press imprint, The Admonitions and Encouraging Words of Master Guishan, The Bodhisattva Path, and Cracking the Walnut, freshly translated from the Vietnamese for the first time by a team of monastic editors in Plum Village, France, led by Venerable Sister Chan Duc (Sister Annabel Laity, True Virtue). Master Guishan is a classic text read by Buddhist monastic students in Vietnam, containing essential advice for all sincere meditation practitioners. In The Bodhisattva Path, we learn from Thich Nhat Hanh about the bodhisattva ideal at the heart of his teachings—the capacity to see the potential for awakening in everyone and aspire to help them along their path. Cracking the Walnut contains Thich Nhat Hanh’s commentary and insights on the liberating teachings of the second-century philosopher Nagarjuna.

In this historic year, we are also bringing out new editions of some of Thich Nhat Hanh’s beloved older books for new generations of readers. Many readers in the United States and Europe know Thay first as a leader in the movement toward personal and cultural awakening—“the monk who taught the world mindfulness” as he was hailed by TIME magazine. Yet prior to his arrival in the West, Thich Nhat Hanh’s compassionate activism for peace in Vietnam underscores how Thay’s mindfulness was forged in the fires of war. Parallax Press is proud to reissue the long-out-of-print Vietnam: Lotus in a Sea of Fire, first published in 1967, which, according to Thomas Merton, offers “a startling other view of the war in Vietnam.” In addition to Lotus, we are also offering Thich Nhat Hanh's letters, essays, and calls to action at key moments of social and political transformation in a new edition of Love in Action: Writings on Nonviolent Social Change.

As activists in a turbulent world, we need to remember to take refuge in nature and be nourished by beauty. Thay’s brilliant collection of poetry Call Me by My True Names provides “an antidote to our modern pain and sorrows,” as Ocean Vuong says. In Fall
2022 we are also offering an updated edition of Thay's Plum Village practice poems (gathas) for mindfulness in everyday life, *Present Moment Wonderful Moment*. With many more new gathas adapted for modern life, these poetic yet practical verses help us to slow down and enjoy each moment of our lives.

In the popular Mindfulness Essentials Series, *How to Focus* shares Thich Nhat Hanh's teachings on the second stage of the meditation journey after mindfulness: concentration. It is an apt antidote for the stress of our busy way of life in which our minds continually race and scatter in a thousand directions. *How to Smile* gives us ways to transform our suffering, to touch moments of happiness even in the midst of hard times. It reminds us that spiritual practice—and life itself—contain the elements we need to nourish our joy.

*Heal Your Living: The Joy of Mindfulness, Sustainability, Minimalism, and Wellness* is a soothing book by “extreme minimalism” practitioner Youheum Son, whom we learned about from her participation on an epic Plum Village hiking retreat on the Appalachian Trail. Dr. Tho Ha Vinh, Dharma teacher and former director of the Gross National Happiness Center in Bhutan, points out in *A Culture of Happiness: How to Scale Up Happiness from People to Organizations* that although joy is an individual experience, when it is shared, how much more powerful it becomes! What might the world look like when your family, school, workplace, and your country are aligned in holding happiness as a value?

A garden of books for younger readers is growing in 2022! *Our Earth, Our Home: The Essential Japanese Green Living Handbook for Kids* by permaculture expert Kai Sawyer and Azusa Fukuoka from Tokyo shows us that green living starts at home. The delightful *We Are All Flowers* by Wake Up Schools International coordinator Orlaith O’ Sullivan teaches children the nourishing art of flower watering—the Plum Village practice of sharing appreciation with our friends and families. In Fall 2022, *Where Did Poppy Go?* by much-loved children’s author Gail Silver (*Anh’s Anger, Steps and Stones*) is a touching story of a father comforting his son after a grandfather dies. The lovely rhyme and poetry offers a gentle way to discuss loss and grief with a child. We see, along with the little boy of the story, how our loved ones are with us always, in everything we do.

With gratitude for your support,

Hisae Matsuda, publisher, on behalf of the whole Parallax Press family

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This rare book from 1967 is one of the very few written in English giving a Vietnamese perspective on the Indochina Wars. Many years ahead of its time, *Vietnam: Lotus in a Sea of Fire* will be welcomed by historians and readers of contemporary Vietnamese narratives and the work of resistance.

As war raged in Vietnam, Thich Nhat Hanh became a leading figure in the Buddhist peace movement. With the help of friends like Catholic monk Thomas Merton, he published *Vietnam: Lotus in a Sea of Fire* in 1967 in the US, his uncompromising and radical call for peace. Thomas Merton wrote the foreword, believing it had the power to show Americans that the more America continued to bomb Vietnam, the more communists it would create. This was Thich Nhat Hanh’s first book in English and made waves in the growing anti-war movement in the United States at the time.

Thich Nhat Hanh’s portrayal of the plight of the Vietnamese people during the Indochina Wars is required reading now as the United States and Europe continue to grapple with their roles as global powers—and the human effects of their military policies.

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.
Despite countless happiness programs focused on individual well-being, are we any happier, really? Is it in fact possible to be fully happy within a miserably dysfunctional society built to keep structures of inequity in place? While the pursuit of happiness is a much-celebrated ideal, how can countries and communities design the right environments for people to lead happy lives?

Taking the case of the country of Bhutan as an example, the nation’s first Gross National Happiness program director Tho Ha Vinh explains how the principles of happiness can and must apply to people, families, and communities at scale to produce the conditions for a truly satisfying life.

Gross National Happiness is an innovative development paradigm that puts the interconnected happiness of all people and the well-being of all life forms at the center of progress. Based on real-life experiences, this book shows a multitude of practical methods for strategic thinkers and change makers to apply the framework of Gross National Happiness to bring about positive change in schools, businesses, and communities.

Tho Ha Vinh, PhD, was born in 1951, the son of a Vietnamese father and a French mother. He was the program director of the Gross National Happiness Center (GNH) of the country of Bhutan from 2012 to 2018. Serving as the Head of Training, Learning, and Development at the International Committee of the Red Cross, he trained humanitarian professionals working in war zones and emergency response in Afghanistan, Pakistan, Palestine, and Darfur. He holds a PhD in psychology and education from Geneva University, Switzerland. Thakur S. Powdyel served as Bhutan’s first democratically elected government’s Minister of Education from 2008 through 2013 and is the recipient of the Global Education Award for Outstanding Contributions to Education.
Waking up this morning, I smile. Twenty-four brand new hours are before me.

This beautifully illustrated book shares a simple verse with an enlightening commentary that will give you the space and heart to live each day in a connected and calm way. Developed during a summer retreat in Plum Village, Thich Nhat Hanh’s meditation center in France, these poetic verses were collected to help people practice mindfulness. The result is a handbook of practical, down-to-earth verses. These gathas, or mindfulness verses, are poetic verse designed to turn ordinary daily activities such as washing the dishes, driving the car, or standing in line, into opportunities to return to a natural state of mindfulness and happiness.

Reciting these poetic yet practical verses can help us to slow down and enjoy each moment of our lives.

Beloved Zen Master Thich Nhat Hanh offers 79 meditations to help you through your daily routines in a peaceful and mindful way and connect to the joy of the present moment.

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Positive and accessible, this journal makes self-help feel like a natural aspect of self-care.

An inspirational, contemplative journal and guide for your own mindfulness practice.

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Though he is best known for his groundbreaking and accessible works on applying mindfulness to everyday life, Thich Nhat Hanh is also a distinguished poet and Nobel Peace Prize nominee. This stunning poetry collection explores these lesser-known facets of Nhat Hanh’s life, revealing not only his path to becoming a Zen meditation teacher but his skill as a poet, his achievements as a peace activist, and his experiences as a young refugee.

Through more than fifty poems spanning several decades, Nhat Hanh reveals the stories of his past—from his childhood in war-torn Vietnam to the beginnings of his own spiritual journey—and shares his ideas on how we can come together to create a more peaceful, compassionate world. Uplifting, insightful, and profound, Call Me By My True Names is at once an exquisite work of poetry and a portrait of one of the world’s greatest Zen masters and peacemakers.

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From beloved author Gail Silver of the Anh’s Anger series comes a touching story of a father comforting his son after a grandfather dies. The lovely rhyme and poetry offers a heartfelt way to discuss loss and grief with a child. We see, along with the little boy of the story, how our loved ones are with us forever, in everything we do.

Beautiful, textured pastels carry the reader through the seasons as the father describes the cycle of life, and all of the beauty and sadness that comes with it.

Gail Silver, J.D. E-RYT, RCYT, is an award winning author, educator and entrepreneur whose recent picture books include Thunder’s Just the Clouds Talking to The Earth (Magination 2022), Mindful Bea and The Worry Tree (Magination), and the acclaimed Anh’s Anger trilogy (Parallax). Lauded “A Winning Series” by Publishers Weekly, the Anh’s Anger books have garnered a Skipping Stones Literary Award for Multicultural Awareness, a Bill Martin, Jr. Picture Book Award nomination, a bevy of foreign rights sales and a second home in SEL curricula across the globe. She is the founder, CEO and curriculum developer of Yoga Child, Inc. and The School Mindfulness Project, Inc., organizations providing sustainable mind body education to underserved Philadelphia area school communities. Prior to becoming an author/educator, Gail was an attorney, specializing in children’s advocacy law. She lives in Philadelphia with her family.

Amanda Quartey was born and bred in London. She has always loved to draw and has been doing so ever since she can remember.
Based on the teachings given by Thich Nhat Hanh in the winter of 1991, this book gives an historical account of the emergence of the Mahayana movement and the bodhisattva ideal, and it also includes Thich Nhat Hanh’s never-before-published commentaries on two early Mahayana sutras—the Ugraparipṛccha and the Vimalakīrtinirdeśa.

About 150 years after the death of the historical Buddha, Buddhism began to develop into many separate schools, in which many monks came to prioritize their own personal liberation in their teaching and practice, while making Buddhism into a series of doctrines that served their own school.

Consequently, around the first century CE, there arose among lay and monastic practitioners the desire to popularize Buddhism and bring it back in touch with life in the world. From this movement sprang the Mahayana path, which aimed to provide the deepest wellsprings of Buddhist thought to all people, regardless of their gender or social background.

Soon Mahayana sutras began to appear, encouraging practitioners to develop the qualities of a bodhisattva in themselves. With his insightful commentary on two important sutras, Thich Nhat Hanh continues the vision and inclusive spirit of the early Mahayana practitioners.

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This issue of *The Mindfulness Bell* features:

- Thich Nhat Hanh on the intimate connection between suffering and happiness;
- Larry Ward on caring for our traumatic experiences;
- Brother Peace on losing both his parents to depression and suicide;
- Dharma teacher Valerie Brown on inspiring hope in a world in need;
- Sister Boi Nghiem on understanding relationships and suffering in the LGBTQIA+ community;
- Updates from ARISE Sangha, the Earth Holder Community, Happy Farm, Wake Up International, Wake Up Schools, and the Thich Nhat Hanh Foundation;
- Practitioners sharing about spirituality and racial equity, being on the front lines of climate action, practicing online;
- And much more.

This issue is included in *The Mindfulness Bell* subscription. Digital articles from this issue of *The Mindfulness Bell* are rolling out now on the website. *The Mindfulness Bell* is available in print, PDF and ePub.

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Radical Love draws on the author's lifetime of experience as a lover, husband, parent, activist, and educator. It is an exploration of love in all its forms, from romantic love to love for one's family and community to love for the planet and all beings. Like an unfolding metta meditation, the book expands our notions of love to its most sublime universal state and makes a great gift to share with those we love.

Author and activist Satish Kumar is well known for his epic 1960s walk for world peace from India to Moscow, Paris, London, and Washington, DC. Wherever he traveled, he found that human beings were capable of great love, which could overcome hatred and division. Settling down in the UK, he married and raised two children while founding and running eco-university Schumacher College in Devon, becoming a leading figure in the UK green movement. This book distills the essence of Kumar's understanding of the love we need for the times we live in now.

Satish Kumar, long-time peace and environment activist and former Jain monk, has been quietly setting the global agenda of change for over 50 years. He settled in the United Kingdom after an 8,000-mile peace pilgrimage and took the editorial helm of Resurgence magazine in 1973, a post he held until 2016. Over the decades, he has been the guiding spirit behind a number of internationally respected ecological and educational ventures including founding Devon's Schumacher College; authoring several books, including Elegant Simplicity; and presenting the BBC documentary Earth Pilgrim. Satish was awarded an honorary doctorate in education from the University of Plymouth, an honorary doctorate in literature from the University of Lancaster, and the Jamnalal Bajaj International Award for Promoting Gandhian Values Abroad. He appears regularly in the media, is on the Advisory Board of Our Future Planet, and continues to teach and run workshops as a sought-after speaker in the UK and abroad. He lives in Devon, UK.
Chanting from the Heart: Buddhist Sutras and Recitations contains sutras from both the Theravada and Mahayana traditions, translated by Thich Nhat Hanh from both the Pali and Chinese canons. In Chanting from the Heart, he included the sutras he felt to be the most essential for study and regular recitation by his lay and monastic disciples. The recitations are verses for contemplation and reading aloud, some written by Thich Nhat Hanh, others handed down through his Vietnamese Zen tradition. These sutras and recitations are read, recited, and chanted regularly during daily meditation sessions in Thich Nhat Hanh’s Plum Village monasteries and practice centers worldwide.

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Chanting from the Heart: Ceremonies and Practices in the Plum Village Tradition is a collection of Buddhist ceremonies for all occasions and daily practices for meditation sessions as well as practices to accompany daily activities, such as gardening and cleaning, bringing mindfulness into everyday life. Developed by Thich Nhat Hanh and used regularly by the monks, nuns, and laypeople at the monasteries and retreat centers established by Thich Nhat Hanh, as well as by his thousands of lay students worldwide. The ceremonies section has been updated to contain only the texts necessary for the occasion at hand. This is the first major textual edits made to the material since 2013. There is also a glossary of Buddhist terms.

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In inspiring passages and simple exercises, Zen Master Thich Nhat Hanh teaches us what he calls “the art of suffering.” He gives us teachings and tools for transforming suffering as well as ways to touch moments of happiness and smile even while suffering is still there. Written with characteristic simplicity and wisdom, these insightful meditations—born from the Zen master’s lifetime of Zen practice and peacemaking—teach us how to come back to ourselves, calm our body and mind, and not let suffering overwhelm us. When we’re willing to face our suffering and look deeply into it, we begin to understand its origins. Transformation and healing become possible, and along with it a greater capacity to understand the suffering of others and resolve conflicts in our relationships. Creating peace and understanding in ourselves and our relationships in this way is essential for helping create true understanding and peace in our communities, society, and the world. Thich Nhat Hanh offers practices for transforming our own suffering, listening deeply to the suffering of others, and especially how to cultivate our own smile and happiness.

All Mindfulness Essentials books are illustrated with playful sumi-ink drawings by California artist Jason DeAntonis.

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“The essence of nonviolence is love,” Thich Nhat Hanh says. “Out of love and the willingness to act selflessly, strategies, tactics, and techniques for a nonviolent struggle arise naturally.” Collecting writings from sixty years of Thich Nhat Hanh’s thinking on social transformation, *Love in Action* is an important resource for anyone engaged in social work, community organizing, political action, and cause-oriented movements.

Reflecting on the devastation of war and showing the connections between outer engagement and the inner work for peace, Thich Nhat Hanh makes the strong argument that ethics and altruistic love based on mindfulness and insight are the only truly sustainable bases for political action. Having played a central role in the Buddhist nonviolent movement for peace in Vietnam during the 1960s and serving as Chair of the Buddhist Peace delegation to the Paris Peace Accords in 1973, Thich Nhat Hanh speaks with the voice of experience: “There is no way to peace. Peace is the way.”

This anthology also features poetry and the script of the hauntingly beautiful 1972 play, *The Path of Return Continues the Journey.*

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Mop, his friends, and his dad are back, except this time, Mop is dealing with a case of the jitters. He’s nervous to talk in class, and waves that he would usually have no problem riding are feeling too big. Luckily, Mop’s dad shows him how to work with his fear. He takes a step back, feels his feelings in his body, and lets the fear pass through without judging it—it’s not bad, just different! Before too long, he’s back out on his board, and presenting in class again.

Celebrated San Francisco surfer-journalist-dad Jaimal Yogis teaches 4-8 year-olds timeless beach wisdom with the continuing story of Mop, a sensitive and fun-loving kid who just wants to be in the ocean.

With stylish full-color beachy illustrations from cover to cover by SoCal surfer Matt Allen.

Jaimal Yogis is the author of numerous books including Mop Rides the Waves of Life, Saltwater Buddha, and All Our Waves Are Water, which was named a “Best Beach Read of 2017” by the BBC. His work has been featured in the pages of O, the Oprah Magazine, Outside, Forbes, The Atlantic, ESPN Magazine, and many others. He lives and surfs in San Francisco with his wife, Amy DuRoss, and their three sons.

Matthew Allen is a surfer and artist from Southern California. A former Surfer Magazine art director, Matthew now spends his days creating art based on his favorite muses, the mercurial sea, and the amalgam of people and vessels that operate in and around it.
To a greater or lesser extent, we all have notions and ideas about life. Sometimes our ideas can contribute to the advancement of humanity, but the problem comes when we are caught in our ideas and believe them to be the absolute truth. When people believe that something is the absolute truth, they may be ready to fight, kill, or die for it. This brings about polarization, deep division, and suffering in ourselves, our society, community, and family. This is not the way ahead for humanity. This book helps us let go of our ideas and go in the direction of understanding and compassion.

Nagarjuna is a giant in the Buddhist canon, thought to be the greatest Buddhist philosopher after the Buddha. He lived in southern India in the 2nd century CE. Cracking the Walnut contains the text of Nagarjuna’s Treatise on the Middle Way (Mulamadhyamakakarika), defending the essential premise that all things have the nature of emptiness, they have no self-nature, but are in a constant process of change and interrelationship with one another. Weaving Nagarjuna's text with commentary by Thich Nhat Hanh, taken from talks given at two 3-month-long retreats, helps us bring these teachings into our daily life. They are strong teachings, designed to break through all metaphysical speculation.

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This issue of The Mindfulness Bell focuses on the path of practicing with Buddhist psychology and neuroscience for individual and collective health.

It features teachings from Thich Nhat Hanh, Brother Phap Linh, and Dharma teacher Jo-ann Rosen; sharings from practitioners on healing grief and trauma; and updates from the Earth Holding Community, Happy Farm, Thich Nhat Hanh Foundation, and Wake Up Schools.

This issue is included in The Mindfulness Bell subscription. Digital articles from this issue of The Mindfulness Bell are rolling out now on the website.

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